

UNIT 4: CARING FOR OUR BODY

Fill in the blanks with the words from the box below

eight	environment	four
grow	healthy	ten to eleven

1. There are _____ factors that affect how our body grows and develops.
2. We need food to help different parts of our body _____.
3. Children need _____ hours of sleep every day.
4. Adults need at least _____ hours of sleep every day.
5. Our _____ is the surroundings in which we live.
6. Our body needs to be _____ to grow and develop well.

Choose TRUE or FALSE for the sentences about having a good health below.

- | | | |
|--|---|---|
| 1. We need to eat candy every day. | T | F |
| 2. We need to drink plenty of water. | T | F |
| 3. We need to floss and brush our teeth after every meal or three times a day. | T | F |
| 4. We need to exercise to be fit and have strong muscles. | T | F |
| 5. We don't need to wash our hands. | T | F |

Put the habits in their correct group.



HEALTHY HABITS	UNHEALTHY HABITS